Wednesday, July 2, 2014

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THE U.S. WOULD NOT GO QUIETLY ...

HE MADE THE MOST SAVES IN WORLD CUP HISTORY, BUT TIM HOWARD COULDN'T BEST BELGIUM, WHO LOOK FORWARD TO A QUARTER-FINAL DATE WITH ARGENTINA PAGE 12

A piece of London history comes home

A long-lost artwork on cardboard by the father of insulin makes its way back to Banting House PAGE 2

Community garden aims to be hand up, not handout

Empowering those in need to grow their own greens PAGE 3

It's time to bust out the tin foil

If we're all just Internet-age lab rats, then Facebook is holding the clipboard PAGE 6

NEWS WORTH SHARING.

PATRIOTIC PARTY TIME!

Yolla Daher and daughter Gulia were part of the crowd enjoying the Canada Day festivities in Harris Park on Tuesday. From noon to dusk, the entertainment organized by London Celebrates Canada brought people in for one big party. It included a First Nations gathering, a citizenship ceremony, music by Sarah Smith and, of course, fireworks. MIKE DONACHIE/METRO

Longboards a legit way to ride the city

'It's really started to catch fire.' City promotes boards as transportation

MIKE DONACHIE
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How London treats different forms of transportation is a topic that never drops out of the public eye.

But, as cars, buses and bikes all jostle for space on the roads, the City of London has been looking into another eco-friendly way of getting around, and this one's unusual in some circles.

Longboarding is like skateboarding but a lot more serious.

Skateboards are for tricks, said enthusiast and city staffer Chris Gosnell, but longboards are for transportation. He's part of a team, in partnership with YFC London, that's been leading six weeks of longboarding lessons for kids in Argyle.

"It's an opportunity to learn how to operate a longboard safely and understand the dos and don'ts of what it is to be riding safely," Gosnell said, "whether that's in their own neighbourhood on the sidewalk, or on the street."

Yes, the street.

Longboards are street-legal in London. Although bylaws vary across the province, this city treats them like a bicycle.

It began in the 1950s, Gosnell said, when surfer kids added wheels to their boards so they could mimic surfing on the street. In the last few years, longboarding has been making a comeback, and Gosnell says it should get more attention.

"It's really started to catch fire," he said. "The people I started longboarding with were college students, and now I'm seeing kids and adults of all ages using it as transport."

It's about more than transportation, said Joe Antone, who's a colleague of Gosnell's on the city's community projects staff.

"It's about the City of London trying to stay current with what youth are doing," Antone said. "As longboarding has become popular with the youth, it's about us staying dynamic and trying to implement a program accordingly."

London Board Meet

Longboarding enthusiasts are gathering for a skate at Doidge Park on July 12 at 1 p.m.

Grant Maltman with the newly discovered painting by Sir Frederick Banting. MIKE DONACHIE/METRO

Banting's oil painting comes home to stay

Fascinating discovery. Curator hails arrival of 94-year-old painting of miners heading to work, which is now on display at Banting House

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Everybody's been getting breathless with excitement at Banting House, where a surprise has arrived.

The former home of Sir Frederick Banting celebrates the great scientist's links with London, and now it has another treasure. Out of the blue, the attraction was offered a piece of art created by Banting during his time in the Forest City.

For decades, the painting of miners heading to work — which was done on a piece of cardboard — had hung on a wall in Quebec, but now it's back in London.

But the excitement didn't end there.

An investigation inside the back of the picture's frame yielded three pieces of paper: a newspaper clipping and two letters about Banting, all from after his death and all confirming the provenance of the art.

For Banting House curator Grant Maltman, it just doesn't get better than this.

"This is one of those rare finds in a curator's career," Maltman said. "It's just one of those things that you hope for.

"This is the missing find. I had no expectations that any of these London paintings would have survived."

The co-discoverer of insulin turned to art as a break from his work, including while he lived at what's now Banting House on Adelaide Street.

That house is crucial to this discovery because the painting's owner, Steve Klinck, is the grandson of the man who sold Banting House to Banting. Klinck was looking for a place to donate this old painting that had been in his family for years and simply googled "Banting."

He was amazed to find a picture of the house that was his mother's childhood home, and a report that Maltman was looking for Banting paintings. Now it has come home, and is on display in Banting House.

The Miners

- The piece of cardboard that the painting was done on came from a London laundromat.
- It's likely a reproduction of an image from a magazine, and it even includes an aborted painting begun on the reverse side.
- It was probably created between June 1920 and May 1921, likely in thinned-down oil paints.
- Banting's paintings have sold for between $10,000 and $70,000. The value of this one is still being investigated, but the donor will receive a tax receipt.

Hate crimes

Graffiti targeted black community, police say

London police are looking for a man wanted in connection with two hate crimes.

Graffiti was written in a laundry room in an apartment building on Connaught Avenue and on an exterior wall of a house on Harley Street, police said.

The incidents happened April 25, but investigators didn't make them public until this week.

They haven't released details about what the graffiti said.

It was, however, "hate motivated toward the black community," according to a police statement.

The suspect is described as white, 20 to 30 years old, five-foot-10 and 170 pounds. At the time of the incidents, he was wearing a blue baseball cap, a blue hooded sweatshirt, jeans, and running shoes.

He was carrying a red shoulder bag and a black backpack, police said.

Anyone with information is being asked to call London police at 519-661-5670 or Crime Stoppers at 1-800-222-8477.

METRO

Police say this man is wanted in connection with two hate crimes.
COURTESY LONDON POLICE

Young woman loses long battle with cystic fibrosis

Danielle Davidson METRO FILE

A young London woman has lost her fight against cystic fibrosis, months after her second double lung transplant.

Danielle Davidson, 29, passed away June 23. Friends and family, who have been documenting her journey on Facebook, announced the news over the Canada Day weekend.

"Danielle was on the road to recovery," they wrote. "While it was expected that recovery would not be easy, especially with it being her second transplant, the road was a lot rougher than we had anticipated."

Davidson was told she had an infection soon after her transplant surgery in November. Doctors thought they had found the right course of treatment, and she was released from a Toronto hospital in late February.

A short time later, she was back in Toronto and doctors found the infection had spread. After that, Davidson came back to London to "where she could be surrounded by her husband, her family and friends," the Facebook post says. During that time, Davidson and her husband, Brandon, started renovations on their new house with the goal of completing their "dream home."

Davidson was again admitted to Toronto General Hospital on June 18 for treatment of a new infection.

"Danielle remained an example of strength, determination and grace. She fought until her body had no more fight left to give," friends wrote on Facebook.

Davidson was upbeat throughout her battle.

"The love I always feel from those I surround myself with is overwhelming. I have so much to be thankful for," Davidson wrote in her last Facebook post back in March. Memorial donations can be made to Cystic Fibrosis Foundation or to Trillium Gift of Life Network.

ANGELA MULLINS/METRO

Back to business. Newly elected Ontario Liberal government takes charge

The provincial legislature will return this week with a show of pomp and circumstance, a popularity contest and triumphant Liberals still basking in the glow of their majority victory.

But there will also be some behind-the-scenes manoeuvring by the emasculated opposition parties as they try to keep the government on its toes despite their diminished roles at Queen's Park.

The first order of business Wednesday is swearing in all the politicians elected in the June 12 election — including Premier Kathleen Wynne and her already anointed new cabinet — to officially make them members of provincial parliament.

Then they'll have to elect a new Speaker from the group, who will take on a prestigious, though at times thankless, role of keeping MPPs in line in the legislature.

Liberals Dave Levac — who held the job before the election was called — and Shafiq Qaadri are vying for the job, along with Tory Rick Nicholls and New Democrats Paul Miller and Cheri DiNovo.

The Speaker may belong to a political party but is expected to be impartial as the referee of the legislature. Once elected, they are "dragged" — flanked by the premier and leader of the opposition — to the ornate carved chair at the front of the chamber as a symbolic gesture of their reluctance to take the job.

The tradition dates back to the early days of British Parliament, when the Speaker in the House of Commons had to deliver any bad news to the monarch and sometimes lost their head in the process.

But it's become a much sought-after job in modern times, with such perks as an apartment in the legislature.

The Tories will also be choosing an interim leader Wednesday to take over for Tim Hudak, who is stepping down in the wake of a crushing election defeat. Veteran Progressive Conservatives Jim Wilson and John Yakabuski are expected to throw their hats in the ring.

THE CANADIAN PRESS

At a glance

- **Wednesday:** Legislature resumes after June 12 election. All newly elected politicians to be sworn in. A new Speaker will be elected. Tories will name a new leader, replacing Tim Hudak.
- **Thursday:** Speech from the throne to be delivered.
- **July 14:** Liberals expected to reintroduce the same budget that led to election after NDP and Conservatives declined to lend support.

Cats. Humane Society, pet store team up for special adoption effort

The London Humane Society is having special adoption days both this Saturday and Monday, July 14 at Pet Valu (631 Commissioners Rd. E.).

The non-profit society is desperately in need of homes for cats.

At the special adoption events, they'll be bringing along cats of all ages and personalities. They'll also be accepting donations of wet and dry food.

Each event runs from noon to 3 p.m. METRO

Highway 401

Driver injured in single-vehicle accident

Police say a man suffered life-threatening injuries early Tuesday after a single-vehicle crash on Highway 401 near Woodstock.

The driver was travelling west where Highway 403 ends when the vehicle rolled about 6:30 p.m.

The 401 was closed for several hours with police and emergency crews on the scene. The cause of the crash is under investigation. METRO

Green-fingered volunteers dig together in the new food garden behind Beth Emmanuel Church. MIKE DONACHIE/METRO

Sowing seeds and skills at SoHo garden

Beth Emmanuel Church. Volunteers come together for good cause

Quoted

"Our intention isn't just to hand them a plate of food. It is to let them see what is deep inside us."

Rev. Delta McNeish of Beth Emmanuel Church

MIKE DONACHIE
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Everybody's digging deep at a SoHo church as a remarkable community project starts to grow.

Beth Emmanuel Church, under the leadership of the Rev. Delta McNeish, has been feeding hundreds of people weekly, with food donations and community meals. But now, thanks to a link-up with non-profit group London Liberty Gardens, that will go further.

A lot of the food is to be grown right there behind the church on Grey Street, and many of the volunteer gardeners are the people who are benefitting.

"Our hopes are to teach independence, and help people become more food secure," said Natasha Hockley, director of London Liberty Gardens. "Living in poverty, you're not always dignified in your skills and your abilities. You're constantly getting handouts.

"This garden is about growing food, but it's also about helping people to grow personally. It can dignify them and it can teach them skills."

SoHo Community Association president Tanya Park said it's a great example of citizens coming together and supporting each other. It also ties in with the London Plan, she said, the massive planning document at city hall that talks about having more places and communities that grow food.

She also paid tribute to McNeish, who modestly insisted it's a community effort.

"We're using the space in a good way to help people to grow up," she said.

To support the project, visit gofundme.com/London-Liberty-Gardens.

Fugitive Slave Chapel prepares for big move

It's not just about vegetables at Beth Emmanuel Church. It's been in the news in recent months as the future site of the Fugitive Slave Chapel.

The preparations for the historic chapel's move from Thames Street to Grey Street are continuing, with a decision due soon on an application for provincial funding.

The 1848 chapel, built for the runaway slaves who reached Canada with help from the Underground Railroad, is to move to a vacant lot next to Beth Emmanuel, and the last big cost is the foundation that's needed.

Once it's in place, the chapel, originally called the African Methodist Episcopal Church, will help Beth Emmanuel expand its community services.

MIKE DONACHIE/METRO

Flooding causes chaos in Prairies

Saskatchewan and Manitoba. Dozens of communities under states of emergency as heavy rains force more than 500 from homes

More than 150 acute-care patients and long-term residents were moved from a hospital in eastern Saskatchewan because of flooding.

The full-scale evacuation at St. Peter's Hospital in the city of Melville, about 145 kilometres northeast of Regina, took place because a creek behind the facility was rising Tuesday.

Emergency management commissioner Duane McKay says the water has not entered the hospital and crews are building a berm on a driveway behind the facility.

"The water has not touched the building and the work that's going there is to ensure that it never gets to the building," said McKay.

The evacuation comes because a deluge of rain caused widespread flooding in eastern Saskatchewan and western Manitoba.

Officials had said Monday that parts of southeast Saskatchewan got more than 240 millimetres of rain over the weekend, while some parts of western Manitoba reported more than 100 millimetres. However, those figures came out while the water was still coming down in many communities.

More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba. That number will likely rise as officials started asking people living along the river in Virden, Man., to leave their homes on Monday night.

Saskatchewan Social Services says communities have stepped up to help each other.

For example, people who fled their homes in Gainsborough, Sask., on Sunday night found themselves welcomed into homes by residents in the town of Carnduff. An emergency shelter set up for the evacuees was empty.

Meanwhile, McKay also says the number of communities under states of emergency has jumped to 53 in Saskatchewan.

The water was starting to recede in some communities as the sun came out Tuesday, but it may rise in others as water flows downstream, he said.

"We have seen some communities start moving a little bit more towards recovery and anticipating what it will mean to be on the end of this, while others are still dealing with situations they did (Monday) and some communities will see this situation worsen over the next couple of days before it starts to get better," said McKay. THE CANADIAN PRESS

'Unprecedented'

Saskatchewan Premier Brad Wall says early estimates show the "unprecedented rainstorm and flooding" will be costly.

- "We think we're looking at an event that was larger in financial impact than the 2011 flood because it's so widespread, because the number of communities are so significant and also because of the major infrastructure and highway damage," Wall said Tuesday in Saskatoon.
- Wall says it's hard to assess some of the highway damage because the roads are still under water. At least 19 sections of highways in eastern Saskatchewan were closed to travel Tuesday.
- There were also 31 municipalities under states of emergency in Manitoba.

More than 500 people have been forced to leave their homes in Saskatchewan and Manitoba due to widespread flooding. COURTESY SASKATCHEWAN MINISTRY OF HIGHWAYS

Refreshed Rob Ford greeted by boosters, booers during parade

Supporters cheered and critics jeered as an energetic-looking Rob Ford mingled with Toronto revellers Tuesday, a day after his official return from a stint in rehab.

Marching in a Canada Day parade in the city's east end, the scandal-plagued Toronto mayor was greeted with shouts of "disgrace" and "resign" from some in the crowd, which he brushed off by wishing friend and foe alike the best on the country's 147th birthday.

Ford seemed in high spirits despite his detractors and said he was happy to be back.

"It feels great. Absolutely great. Fantastic," he said while his aides handed out mini "Ford Nation" flags and magnets to the crowd.

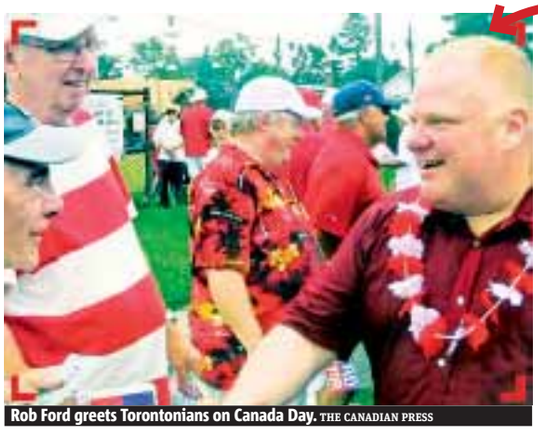
His march along the parade route was slow and halting, leaving him lagging behind rivals John Tory and Olivia Chow as a steady stream of fans stopped to take their picture with him and shake his hand.

Some parents had their children pose with the mayor, and Ford himself brought his young son along to the event.

Supporter Helen Papathanasakis said he seems to have benefited from the break.

"He looks relaxed and I think there's a lot of Torontonians who believe in him and we're hoping he's successful," she said.

But others weren't so eager to see Ford among the marchers.



Rob Ford greets Torontonians on Canada Day. THE CANADIAN PRESS

AUGMENTED REALITY

→ From "Keep up the good work" to "Shame," Toronto Mayor Rob Ford was both greeted and heckled on Tuesday. Scan the photo with your Metro News app to see a video of Ford at the Canada Day parade.

→ See full instructions on Metro's Voices page.

"It's a travesty to have him in the East York parade.... I just don't think I can stand here and not say something against his presence," said Elinor Mahoney.

"I don't get the mindset of people who want to introduce their kids to him. It's like introducing them to some tyrant from past times." THE CANADIAN PRESS

Astro-not

Canada's used up all its space cred, NASA says

Unless Canada makes many more contributions to the International Space Station, it could be a while before another Canadian astronaut visits the giant orbiting space laboratory.

It's clear for the moment that no Canadians will be heading up to the space station before 2017 — at the earliest.

"We've kind of booked up the flights through the end of 2016," NASA's chief astronaut Bob Behnken said from Houston.

Under a bartering system, Canada collects "credits" based on its contributions to the development of the space station, with the credits traded in for trips by astronauts.

But Behnken says Canada used up most of its credits for Chris Hadfield's five-month visit, which ended in May 2013. THE CANADIAN PRESS

Fresh idea

Credit card does double-double duty at Timmies

With the press of a button, Tim Hortons is hoping Canadians will warm to a new credit card partnership.

The coffee and doughnut chain has joined CIBC for the "Double Double Visa Card," which includes physical buttons built into the plastic.

Cardholders can press one of two options on the face of the card — a button that accesses their Visa account or another that lets users redeem loyalty points for products at the company's restaurants.

Each button has a coloured light that illuminates when the user activates one of the options on the card.

The card allows users to earn points on purchases they charge to their no-annual-fee Visa card, collecting a cent on every dollar in Tims Cash rewards, the companies said. THE CANADIAN PRESS

New gadgets to track your every swing, step and shot

Big business.
Technology that gathers data on everything from sleeping to slapshots for weekend warriors is now a $2-billion industry

LIA GRAINGER
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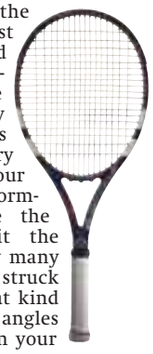
There was a time not so long ago when sports professionals swore the key to athletic achievement was practice, practice, practice. Now, thanks to a booming $2-billion digital-health industry, there's a whole range of sport-specific tech gadgets that claim to help both professional and amateur athletes train smarter.

"Never before have you been able to so easily gauge your performance," says columnist and self-proclaimed technology evangelist Marc Saltzman. "Information is paramount."

To get you in the game for summer, he picked out his favourite new fitness-tech items at Sport Chek.

BEST FOR TENNIS: BABOLAT PLAY, $450



Billed as the world's first connected tennis racquet, the Babolat Play monitors nearly every aspect of your tennis performance: where the ball has hit the racquet, how many times you've struck the ball, what kind of spins and angles you've put on your shots. "How many times have you used your forehand and backhand? Now you can get that information," Saltzman says. All the information can be loaded to a smartphone and then shared and compared with fellow connected players around the world.

BEST FOR RUNNERS AND WALKERS: GARMIN VÍVOFIT, $150

Activity trackers that count your steps, stairs and strides per day are nothing new, but this bracelet-style fitness band stands out from the pack thanks to its yearlong battery life. It also tracks your sleep patterns and can record food and calorie intake, making it the Big Brother of lifestyle companion devices.

BEST FOR BASEBALL: EASTON POWER SENSOR, $150

The Power Sensor fits on the bottom of any bat and monitors the speed and plane of your swing. And if you record your batting practice with a smartphone, the app will sync your stats with the video so that the data will be displayed on-screen as your increasingly killer swing slices across the plate.

BEST FOR CONTACT SPORTS: REEBOK CHECKLIGHT, $150

This skullcap fits under a helmet and contains sensors that monitor the severity of impacts, flashing amber for less risky blows to the head and red when the hit is hard enough to merit getting that noggin looked at. Experts warn that it does nothing to protect the head and does not indicate or diagnose concussions — it serves more as a measure of where your chosen sport ranks on the brutality scale.

BEST FOR HOCKEY: FWD POWERSHOT FROM QUATTRIUUM, $150

This seven-inch device slides into your hockey stick and delivers to your smartphone everything you could possibly want to know about your slap, wrist and snap shots, including shot acceleration, stick speed, and puck speed and rotation.

Dov Charney

American Apparel founder fights back

Dov Charney
THE ASSOCIATED PRESS FILE

The battle for control of clothing chain American Apparel is heating up.

Ousted American Apparel CEO Dov Charney has increased his stake in the clothing chain to nearly 43 per cent as he fights to keep control of the company he founded in 1998. THE ASSOCIATED PRESS

Market Minute

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WELCOME TO FACEBORG

JUST SAYIN'

Paul Sullivan
metronews.ca

It turns out those people wearing the tin foil hats are right:

"They" are messing with our minds.

"They" in this case is Facebook, and "they" decided to find out how we react to an increase or decrease in positive or negative posts by manipulating the news feeds of 600,000-plus randomly selected social media lab rats ... without telling us.

In case you're interested, the more positive posts you see the more positive your posts will be. And as you might expect, negativity breeds negativity.

We only found out because the researchers published the results in a scientific journal on June 17, and the online anger has been building ever since. Finally, on Sunday, the leader of the experiment, one Adam D. I. Kramer, issued an apology: "In hindsight, the research benefits of the paper may not have justified all the anxiety."

Of course, he posted it on his Facebook page.

So, here's the bottom line, fellow lab rats: Facebook is altering the way we behave without telling us. No reason to be alarmed ... much. Excuse me while I rush to the supermarket to stock up on tin foil.

I don't know about you, but I've never trusted Facebook. It is sitting on the accumulated data of nearly 1.3 billion users, and you'd have to be pretty naïve to believe they're just sitting on it.

The spectre of some guy in a white lab coat playing with the emotions of 600,000 unsuspecting people like a cyberspace symphony is creepy enough, but what else are they doing? What else can they do?

Over and over again, we have allowed Facebook and friends to ignore all boundaries so we can communicate better, shop better, get around better, etc. We have committed this sacrifice with the understanding that they will respect us and, as the Google boys like to say, "Don't be evil." Until now, this devil's bargain was merely annoying. In return for a website that connects everyone all the time, Facebook gathers intimate data and sends out embarrassingly appropriate ads for itching powder or toupees.

But once they start poking and prodding your mind for fun without telling you, it's time to reboot. Facebook is starting to sound like the Borg, that alien presence from Star Trek that assimilates everyone in its path into the "hive mind" in the ultimate pursuit of machine perfection. OK, we're not there yet, but in Facebook's creepy assault on our innocence we can see the way, and it's not that far to go.

"Resistance is futile," intones the Borg. Well, maybe. But I have a new tin hat and a heightened sense of vigilance. I won't get fooled again.

Right.

BATTLE ON THE METRO

Commuters stop in front of Joe Sacco's massive cartoon mural depicting the first day of the 1916 Battle of the Somme in Paris. BERTRAND GUAY/AFP/GETTY IMAGES

Somme spans 500 feet in mural

Joe Sacco's epic depiction of the first day of the Battle of the Somme has been recreated on the wall of the Paris Metro.

Published last autumn, the acclaimed cartoonist's wordless panorama The Great War picked out the events of the First World War battle, which began 98 years ago on July 1, from the British soldiers who went over the top to the mass burials of the dead.

"It all started when I was playing darts with a friend of mine in New York," he told Agence France-Presse. "'Why don't you do something on the First World War?' he asked. That was 15 years ago."

Now the comic is being shown in the Montparnasse metro station in Paris in a display that runs to 130 metres.

"I'm delighted by this project," said Sacco, according to Le Figaro. "I really believe in public art exhibition, because art is, by its nature, public." THEGUARDIAN.COM

Quoted

"I wanted to give an idea of the size of the massacre, an idea of the losses and the human suffering."

Joe Sacco, cartoonist, in an interview with French newspaper Le Monde

Previous works

- Sacco went to the Middle East in 1992 and came away from Israel and the occupied territories with the material that would make up his groundbreaking comic book series Palestine.
- In 1995 he travelled to Sarajevo where he began Safe Area: Gorazde, a fierce condemnation of the political impotence and badly-planned UN operations during the Bosnian conflict.

DRAWNANDQUARTERLY.COM

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 4 in News, page 7 in Scene, page 9 in Life and page 12 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

The put-on-your-pants dance

ANDREW FIFIELD
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Near the top of the many strokes of genius David Letterman has had during his run as late night's premier weirdo are the twin faces of his bold vision of our current day: Stupid Pet Tricks and Stupid Human Tricks.

Because here we are, more than 20 years after those bits debuted, in a world of cats behaving badly and the worldwide talent show of YouTube. Which brings us to our newest star: this young man navigating his way into a pair of pants without using his hands, to the strains of The Final Countdown. It's not an illusion, Michael. It's a trick. (YouTube)

SCREENGRAB

metro

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DVD review

300: Rise of an Empire

Director. Noam Murro

Stars. Gerard Butler, Eva Green

The mere existence of 300: Rise of an Empire is worthy of note, since Gerard Butler's Spartan King Leonidas and his men achieved "a beautiful victory" but sadly lost their heads in the original film.

In what is neither prequel nor sequel (maybe we should call it equal), we meet the secret weapon of Rise of an Empire: Women.

This highly stylized account, drawn as before from a graphic novel by Frank Miller but under the direction this time of Israel's Noam Murro, has a vibrant lead in Eva Green, playing Artemisia, commander of the Persian navy, who dresses Goth, but acts Amazon.

Packing two lethal blades, she's great, giving Rise of an Empire some badly needed energy.

PETER HOWELL

Sarandon on the road again with Tammy

In the grandmother scheme of things.
Thelma and Louise star compares notes on her new film vehicle

NED EHRBAR
Metro in Hollywood

Susan Sarandon and Melissa McCarthy in Tammy CONTRIBUTED

Twenty-five years after Thelma and Louise, Susan Sarandon is taking a different kind of on-screen road trip with Tammy. Sarandon stars as the alcoholic, pill-popping grandmother to the titular Tammy (Melissa McCarthy), out to cause trouble across the Midwest.

You've been doing a lot of interesting smaller projects lately, like Ping Pong Summer. And even this, though it stars Melissa McCarthy, is from a first-time director.
Yeah, yeah ... that's hard. I feel a little bit like I've used up my coupons for first-time directors, actually. Mark Duplass called me and told me to do this one, and then Mark and Jay Duplass called me to tell me to do Ping Pong Summer. I always feel like if someone asks you to do something that's a favour to help get a film up and it's a one-and-a-half week commitment, that's a hell of a lot easier than a month and a half.

In your mind, can you connect this film to Thelma and Louise at all?
You know, it's so funny that we didn't think of Thelma and Louise. I mean, it didn't come up. I thought of it, but it didn't really come up while we were filming.... And then a year later when we went to do the press photo shoot, they had a convertible and a desert setting, and I said, "Are you sure you want to do that? We're about to have another anniversary for Thelma and Louise, and I think there's going to be a lot of that. Do you want to do that comparison?" And they were like, "Oh my God, I never thought of that." And they struck the car! They took the car away! But while we were filming it didn't actually come up. Maybe because it wasn't as cool a car, I don't know.

So far during your press tour, how many people have asked to take a selfie with you?
Nobody, nobody! Oh no, one on-camera reporter did. That's so funny that that became such a big thing. We just did it as an afterthought. We did a whole photo session of them uniting us, and there was a Polaroid, and we did do something there. And then we were doing the interview for the Hollywood Reporter, and at the end of it, I said, "Let's just do one," and we did one with my phone. (My dog) Penny tweeted it, and now it's a thing.

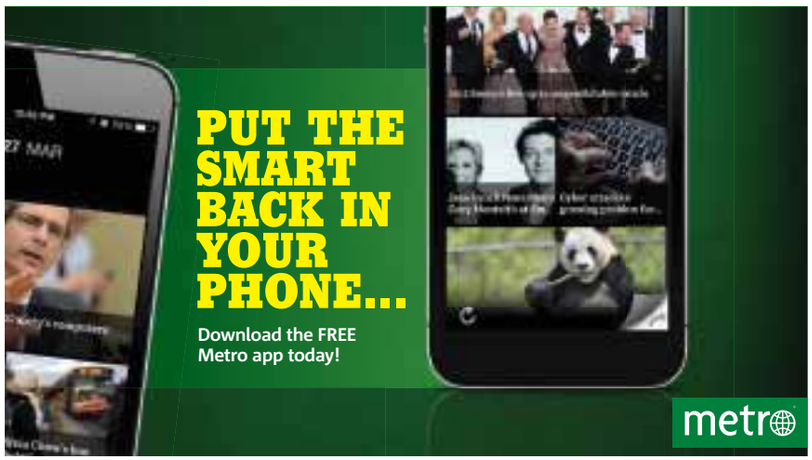
AUGMENTED REALITY

→ What happens when Ben Falcone tries to fire Tammy (played by his real-life wife Melissa McCarthy)? Scan this photo with your Metro News app to see hilarity ensue!

metro AR

→ See the full instructions on Metro's Voices page.

SCENE



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Selena Gomez ALL PHOTOS GETTY IMAGES

Don't tell Selena, but Biebs was 'getting friendly' with a model at a party

Selena Gomez may not like this. Justin Bieber was reportedly getting friendly with model Amber Rose at a party at West Hollywood nightclub Bootsy Bellows recently, according to Radar Online.

"Justin walked over to Amber's private table and they began chatting," a source says. "They talked for more than 15 minutes and even exchanged numbers. She was smiling and laughing." On-again, off-again girlfriend Gomez may have nothing to worry about, as Rose is married to rapper Wiz Khalifa, but the former Disney star has been known to take issue with Bieber's receiving texts from female pals, as she reportedly did when she found out he'd been in contact with Kylie Jenner earlier this year.

Shia LeBeouf

How Shia's arrest netted him a free DVD

Shia LaBeouf has at least gotten something out of his arrest for making a scene during a Broadway performance of Cabaret.

Scott Gorenstein, rep for Liza Minnelli — who starred in the film adaptation of the musical — tells E! News that he generously sent LaBeouf a DVD copy of the 1972 Oscar-winning film. "I figured he may want to find out how it ends," Gorenstein explains. LaBeouf was escorted from the theatre in handcuffs during intermission and taken into custody. In related news, video from a week before the arrest has surfaced on TMZ showing the former Transformers star outside a New York City strip club trying to start a fight with an unidentified bystander. In the video, LaBeouf is seen with his fists up asking the man to punch him in the face before backing down and entering the adult establishment.

The Word

The apple doesn't fall too far from the tree

MELINDA TAUB
Metro in New York City

Hey guys! Got a case of the back-to-work blues? Here's something to put things in perspective, namely a chilling reminder that addiction is a disease that frequently runs in families. That means the same child an addict once cited as an inspiration for getting clean may grow up to be at greater risk for abusing drugs himself.

Robert Downey Jr.'s son was arrested on Sunday afternoon for cocaine possession. According to ET, 18-year-old Indio Downey was a passenger in a car pulled over by the LAPD near the intersection of Santa Monica Boulevard and La Cienega. He was released Monday morning on $10,000 US bail.

Iron Man star Robert Downey Jr. famously struggled with substance abuse for much of his life, even serving two prison sentences, the first for three months and the second for nearly a year. Downey Jr. claimed he had been addicted to drugs from the age of eight, because his own father, Robert Downey Sr., had been giving them to him, according to the BBC.

Downey Jr.'s been in recovery since 1993, which already makes him a more together dad than his own father, it sounds like. Hopefully he can help his son avoid treading in his father's and grandfather's footsteps.

Cam Gigandet

Gigandet remembers O.C. cast as 'miserable'

Outside of minesweeping in Afghanistan, being a guest star on a teen drama in its third or fourth season has to be one of the worst jobs there is.

By then, everyone seems to hate each other and the show and the fact that they're not movie stars yet (the things we've heard about the latter days of Gossip Girl would curl your hair), and outsiders are bound to get caught in the crossfire.

That's what Cam Gigandet claims happened to him when he guest starred on The O.C. "Ben McKenzie was kind of mean to me. I hadn't done anything at that point and he was a little bit of an ass," he told Elle. "But I love him. I think he's a great actor and I love Southland."

Apparently, McKenzie wasn't the only one making trouble. "I learned a lot. But the things that I remember now — none of them are good. It was only the third or fourth season. Those kids were f—king miserable. They were just — they would not remember their lines on purpose. They were young," Gigandet says.

Here's one way to meet your soccer hero

Cristiano Ronaldo got quite the surprise last week when he returned to his hotel room in Brasilia, Brazil to find a 15-year-old boy waiting in his bed, according to Globo Esporte.

The fan, Yago Leal, evaded security and gained access to the suite via the balcony, waiting for Ronaldo to return on the eve of Portugal's World Cup match against Ghana.

Leal tells the newspaper that Ronaldo posed for a photo and signed an autograph before showing him out without alerting security.

Cristiano Ronaldo

Twitter

@KellyOsbourne
NOT A HAPPY BUNNY RIGHT NOW! I have completely lost my voice ;(

@rickygervais
Dear Nobel Prize Committee, I've noticed that when I eat loads of pies & chocolate & do no exercise I put on weight. Have I won anything?

@ConanOBrien
My kids have really been inspired by this year's World Cup. My son just bit our dog.

Why not try some island hopping in New York City?

Day tripping.
Governors Island and Roosevelt Island offer a respite from the bustle of Manhattan

New York is a city built on water. Four of its five boroughs — Manhattan, Brooklyn, Queens and Staten Island — are located on islands, and the city's rivers and bays are dotted with many more. Two of New York's lesser-known islands make terrific destinations for a summer day trip, filled with history, green spaces and incredible views. And they're easy and fun to get to: Visit Governors Island by ferry and Roosevelt Island by tram.

Governors Island

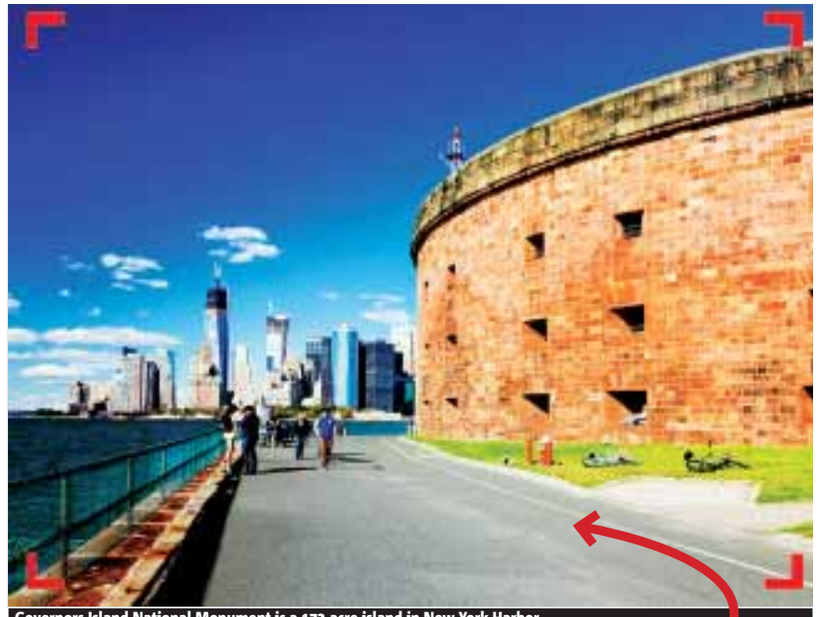
Governors Island, a former military and U.S. Coast Guard base, has become one of New York City's most beloved day-trip destinations.

The vast green lawns and slopes, winding paths and views make the seven-minute ferry trip from Manhattan feel like a voyage to another world — not that you can forget you're a mere half-mile from Lower Manhattan, with soaring views of 1 World Trade Center and the Statue of Liberty just across the water. Some of the best views come as you round the bend near Castle Williams, a circular red stone fort that served as a barracks and prison in the decades after its construction in 1811. The island hosts concerts, children's activities, art shows and whimsical outdoor installations like a giant blue phone receiver in a tree. It takes less than an hour to stroll around the island, but allow more time for enjoying parks and green spaces like Hammock Grove, with play areas and 50 hammocks. You'll also want to poke your head in historical buildings like the Admiral's House and visit shops like Better Than Jam, which sells locally handmade crafts and products. Food vendors offer everything from Belgian waffles, ice cream and beer, to oysters, sesame noodles and Cuban sandwiches. You can bring bikes on the ferry or rent bikes, tandem bikes and surreys on the island. The island is open daily through Sept. 28 (Monday-Friday, 10 a.m. to 6 p.m., weekends and Labour Day until 7 p.m.). Ferries run daily from Lower Manhattan's Battery Maritime Building, 10 South St., near the Staten Island Ferry terminal. Ferries also run weekends from Brooklyn Bridge Park's Pier 6. Round-trip fare, $2 US, with select free ferries weekend mornings; see govisland.com.

Roosevelt Island

You can take the subway to Roosevelt Island, but it's more fun to take the tram from 59th Street and Second Avenue in Manhattan (one-way, $2.50 using a subway MetroCard). The six-minute ride offers views of the city, East River and Ed Koch Queensboro Bridge.

On the Roosevelt Island side, walk 15 minutes south to Franklin D. Roosevelt Four Freedoms Park on a tree-lined path along the river with great views of Manhattan across the way.



Governors Island National Monument is a 172-acre island in New York Harbor.
ISTOCK; AR GALLERY: ISTOCK AND THE ASSOCIATED PRESS

Near the park entrance, you'll pass the Renwick Ruin, a gothic structure that looks like a horror movie set. It's an abandoned smallpox hospital that dates to the 1850s. The park, in contrast, offers a sleek, pristine landscape, full of symmetry and angled views. It celebrates President Roosevelt's "Four Freedoms" speech, made in 1941. FDR extolled freedom of speech, freedom of worship, freedom from want and freedom from fear as "essential human freedoms ... attainable in our own time." An excerpt is engraved on a granite monument; a bust of FDR sits at the island's southern tip. Tree-lined plazas, steps and other structures offer vantage points for seeing the Manhattan skyline; you'll easily pick out the Empire State Building, United Nations, Chrysler Building and 1 World Trade Center. The park is free, open 9 a.m. to 7 p.m. every day except Tuesday; see fdrfourfreedomspark.org. Dining options on Main Street, not far from the tram, include Italian, Japanese and the Riverwalk Bar and Grill's yummy fish tacos and pulled pork sandwiches.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Want to know how to spend a summer day in New York City? Scan this photo with your Metro News app for a gallery of images of Governors Island and Roosevelt Island.

→ See the full instructions on Metro's Voices page.

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DINNER EXPRESS
Emily Richards
food@metronews.ca

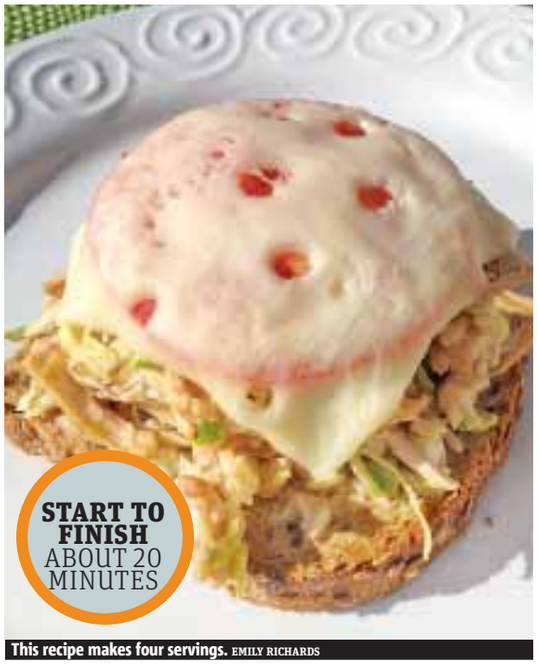
This sandwich used to be a big favourite when I worked in restaurants. Packed with fibre and spiked with a tangy spread, it will keep you going for the rest of the evening. Besides, in the hot summer weather, sandwiches are a great dinner option.

Enjoying the big full flavours of this sandwich with a crisp salad is a great way to round out your meal.

To really make it a great meal, why not pack it up with your favourite local beer or wine and head out to the backyard for a picnic?

Make the most of summer by keeping cool in the kitchen and enjoying delicious food outside.

Also, try grilling up some extra chicken one night to enjoy another time. It takes no effort at all to have extra protein grilling while dinner is being prepared so you can plan ahead for the next night or even a fabulous lunch.



This recipe makes four servings. EMILY RICHARDS

Ingredients

Sandwich Spread
- 1/2 cup (125 ml) plain 0% Greek yogurt
- 1 tbsp (15 ml) balsamic vinegar
- 1 hard cooked egg, chopped
- 2 tsp (10 ml) minced green olives
- 2 tsp (10 ml) minced red bell pepper
- 1/2 tsp (2 ml) Worcestershire sauce

Sandwich
- 4 small slices whole grain bread
- 2 cups (500 ml) shredded cooked chicken
- 1 1/2 cups (375 ml) shredded cabbage
- 1 tomato, sliced
- 4 small slices light style Swiss

1. Sandwich Spread: In a small bowl, stir together the Greek yogurt balsamic vinegar, cooked and finely chopped egg, minced green olives, minced red bell pepper and Worcestershire sauce. Divide evenly among bread and spread. Top with chicken, cabbage and tomato. Lay one slice of cheese on each sandwich.

2. Place the prepared sandwiches on a baking sheet and bake them in 400 F (200 C) oven for about 10 minutes or until the cheese melts and bread is slightly toasted.

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Hello, can I speak to my future hire?

Dial-a-disaster. Many first interviews are conducted over the horn, so heed this advice to avoid a communication crash

LAUREN MARINIGH
TalentEgg.ca

When you think of a job interview, it's likely that you'll picture a traditional face-to-face process.

However, many employers choose to do a first round of interviews over the phone.

Phone interviews can be intimidating, particularly if your previous interview experience has always involved on-site, in-person meetings. Don't worry; a little preparation can go a long way.

Here are a few ways that phone interviews can go wonky — so avoid, avoid, avoid.

Not being prepared

This goes without saying, but make sure you understand all the details of the interview.

Do your research on the company, read over the job description, and practise sample questions that you think might come up during the interview.

You'll also want to confirm all of the logistical details: who will be calling, when, and at what number. If the employer is calling you, be ready well in advance.

Double-check you have good reception, ensure that you are the one answering the phone, and set up all the resources you need on hand before you pick up (notebook, resumé, job description, etc.).

I'd like to call a friend

If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

Put yourself in professional mode when chatting to your potential employer by picking yourself up out of bed and docking yourself at a desk. ISTOCK

Not acting professional

Remember that every interview is a professional undertaking, even if it isn't conducted in a formal workplace.

Part of the challenge of phone interviews is presenting yourself in a professional manner without the ease of in-person interaction. If you haven't had much experience making business phone calls, try phoning a pal and comparing your interaction to the conversations you've had with an employer or in a traditional interview.

Do not eat or drink during your interview, and be in a quiet setting with a phone that has a full battery.

To save yourself from embarrassment, make sure to tell everyone else in your household that you are using the phone for an interview — this way, you won't get your parents picking it up in another room, awkwardly interrupting.

Other things that can help put you in the professional mindset include sitting in a professional setting or area (think desk, not bed), and dressing for success.

Not closing the interview effectively

Just like you would in an in-person interview, ask questions. Always have a list prepared in advance and pick a few that the interviewer might not have answered during your conversation.

This is your chance to get a better idea of the work environment, and whether you could see yourself working there.

Don't forget to close by thanking the interviewer before saying goodbye.

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Looking for a longer stay at long-drive challenge

Power player. London's Langmuir chases long-driving dream to Nevada

DAVE LANGFORD
dave.langford@metronews.ca

There is a lot of chatter around golf courses about risk/reward shots.

Go for the green over a large body of water from a long way out, for example, or play up close and take a safer path.

Well, how about a pay-your-own-way trip to Mesquite, Nev., a city about 80 miles northeast of Las Vegas, to hit a few golf balls. Win the Re/Max World Long Drive Championship and you go home with $250,000 US.

Anything less than a victory in the 128-person competition, and you go home empty-handed.

Adam Langmuir, 28, of London is willing to take that chance.

For the second consecutive year, the City of London tax department employee has qualified to make the trip to Nevada for the Sept. 25-27 event.

He did so by placing third in the Canadian Ontario Long Drive Shootout at Tangle Creek Golf Club in Barrie last month. His drives ranged from 370 to 385 yards in the 28-person competition.

"It's one of those things that if you don't take the risk, you're not going to be rewarded," Langmuir said.

Langmuir, who plays out of The Oaks club in London, is a former professional who played the 2010-11 winter on the Hooter's Tour in South Carolina, making one cut in eight events.

The Golf Channel now carries the Nevada event live, bringing "a lot of awareness to the sport," Langmuir said.

"I think they wanted to structure it in a way where it had a big appeal, that's why there is a big first-place prize so it kind of says, 'Wow, $250,000,' but it's tough when it's winner-take-all," the Oakridge grad said.

Langmuir made it through four rounds last year in the double-knockout competition, when there were 197 golfers. He welcomes the idea of fewer competitors this time around. A few sponsors would also help.

"I was on the Golf Channel for a split-second last year, so hopefully it will be more time this year."

London golfer Adam Langmuir has qualified for his second Re/Max World Long Drive Championship in Mesquite, Nev. Drives topping out at 385 yards earned him the opportunity. MIKE DONACHIE/METRO

Tennis

Raonic, Bouchard rising at Wimbledon

Milos Raonic joined Eugenie Bouchard in the quarter-finals of Wimbledon as the talented pair continued their run at the record books.

Eighth seed Raonic achieved his best career showing at the All England Club on Tuesday with a 4-6, 6-1, 7-6 (4), 6-3 fourth-round win over Japanese 10th seed Kei Nishikori.

Milos Raonic THE ASSOCIATED PRESS

Raonic becomes just the second Canadian to reach the Wimbledon quarter-finals in the Open era, which began in 1968.

He next faces Australian wild card Nick Kyrgios, who shocked second seed Rafael Nadal with a 7-6 (5), 5-7, 7-6 (5), 6-2 win later Tuesday.

Bouchard made her way there on Monday with a defeat of Alizé Cornet. She will face off in the next round against German ninth seed Angelique Kerber, who upset fifth seed Maria Sharapova 7-6 (7-4), 4-6, 6-4, winning on a seventh match point.

Eugenie Bouchard GETTY IMAGES

THE CANADIAN PRESS

U.S. sub-marined by Belgium in extra-time

Kevin De Bruyne turned a heroic night for U.S. goalkeeper Tim Howard into defeat on Tuesday with an extra-time goal and an assist that gave Belgium a 2-1 victory and a quarter-final match against Lionel Messi and Argentina.

With three extra-time goals in a thrilling match, De Bruyne and substitute Romelu Lukaku gave Belgium a big lead before Julian Green closed the gap with 12 minutes to go.

"For my heart, please don't give me too many games like this," said Belgium coach Marc Wilmots.

Belgium's unyielding attacks for 90 minutes on Tuesday only highlighted the great performance of the 35-year-old Howard, but the U.S. finally wilted in the evening heat once extra time came.

Three minutes in, Lukaku found space on the right and passed into the centre. At first, the ball was poked out before De Bruyne gained possession. Belgium's creative genius had the energy for a sharp move and his low shot missed the yellow foot of Howard and settled inside the post.

U.S. goalkeeper Tim Howard and Belgian substitute Romelu Lukaku went head to head on Tuesday, with Lukaku's side narrowly coming out on top. Scan the image with your Metro News app to view more images of the day's action.
LAURENCE GRIFFITHS/GETTY IMAGES

"The levee is going to break at some point," said Howard.

In the 105th minute, Belgium looked like it had put the game away. De Bruyne launched Lukaku into open space on the left and the Everton striker beat his club teammate Howard with a drive to the near post.

The Americans got late hope when Green pulled one back in the 107th with a sterling volley on the turn that Thibaut Courtois could only touch before he saw it fly into his net.

With almost no work at all in 120 minutes, Courtois turned out to be more decisive than Howard had been, stopping a late flurry for the equalizer from the Americans. THE ASSOCIATED PRESS

Messi sent an Angel

Argentina's theme at this World Cup seems to be scrappy wins with Lionel Messi pulling through at the last minute to save the day.

- This time he didn't score on his own, but set the stage for Angel Di Maria to score in extra time against Switzerland in Argentina's 1-0 win Tuesday.

Stars shipped out on Day 1 of free agency

NHL. Miller, Spezza, Vanek lead flurry of high-profile deals around the league

NHL teams wasted little time shelling out almost half a billion dollars in the first few hours of free agency, and in the process the landscape shifted in a lot of cities.

In Vancouver, the Canucks took another step toward becoming contenders again by giving goaltender Ryan Miller three years and $18 million. In Ottawa, the Senators shifted toward the future by trading Jason Spezza to the Dallas Stars.

In getting Spezza and signing Ales Hemsky, the Stars have moved toward the top of a fiercely competitive Western Conference. They are joined there by the Minnesota Wild, who inked top free agent Thomas Vanek to a $19.5-million, three-year deal.

Senators captain Jason Spezza was traded to the Dallas Stars on Tuesday. FRED CHARTRAND/THE CANADIAN PRESS FILE

Defenceman Matt Niskanen got the biggest contract on Day 1: seven years and $40.25 million from the Washington Capitals.

Paul Stastny also did well for himself with a four-year, $28-million contract from the St. Louis Blues, who were interested in Spezza and also keeping pace with the Los Angeles Kings, Anaheim Ducks, Chicago Blackhawks and other teams at the top of the West.

Jarome Iginla, whom the Boston Bruins were unable to retain after a strong season, got a $16-million, three-year deal on his 37th birthday from the Colorado Avalanche.

Of course not all of Tuesday's spending spree came from Western playoff teams. The rebuilding Buffalo Sabres brought left-winger Matt Moulson in for five years and $25 million and signed former Montreal Canadiens captain Brian Gionta to a $12.75-million, three-year contract.

Armed with plenty of salary-cap space and money to spend under new ownership, the Florida Panthers shelled it out in the form of $27.5 million over five years to former Toronto Maple Leafs centre Dave Bolland and $16 million over four years to forward Jussi Jokinen.

THE CANADIAN PRESS

Hutch clutch on Canada Day

Blue Jays right fielder Jose Bautista hits a solo homer off Milwaukee Brewers pitcher Marco Estrada in Toronto on Tuesday. Drew Hutchison had a season-high 10 strikeouts over seven innings as the Jays ended a three-game losing skid with a 4-1 victory. CHRIS YOUNG/THE CANADIAN PRESS

NBA

Kidd enlisted to Buck losing trend

The Milwaukee Bucks hired Jason Kidd as coach on Tuesday after completing a deal with the Brooklyn Nets.

The Bucks sent the Nets two second-round picks for Kidd, who went 44-38 in his only season as Brooklyn coach.

Milwaukee fired Larry Drew on Monday after reaching the deal with Kidd. Drew went 15-67, the worst record in the league, in his only season guiding the Bucks. THE ASSOCIATED PRESS

NBA

Cavs' Irving inks 5-year extension

Cleveland kept its momentum rolling Tuesday after drafting Canadian Andrew Wiggins by getting all-star point guard Kyrie Irving to agree to a five-year, $90-million contract extension. "I'm here for the long haul Cleveland!!!! And I'm ecstatic!!" Irving tweeted. THE ASSOCIATED PRESS

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- **Transmission.** Six-speed manual
- **Base price.** $26,064

Market position

Well-known European "hot hatch" now available in North America. Looks the part, goes the part. Targeted at driving enthusiasts, as evidenced by only one transmission offering (the six-speed manual), the hot turbo engine, and many handling upgrades. ST, for Sport Technologies, is Ford's global performance badge.

Points

- One of the quickest "little" cars you can buy.
- Engine sounds actually fed into interior cabin for sporty ambience.
- Exemplary cornering — flat with no understeer.
- Sits 15 mm closer to the ground that other Fiesta models.
- Still quite fuel-efficient — 5.6/7.8 City/Highway L/100 km

The ST offers lots of torque and launches easily.

Safety

Six standard air bags; four-wheel disc brakes with ABS; stability control with engine torque vectoring and with three selectable modes; tire pressure monitoring system; child seat anchors; anti-theft engine immobilizer.

One engaging little beast of a car

PHOTOS: MIKE GOETZ

Review. The Ford Fiesta ST is not just a Fiesta with a different badge. It's a completely different animal.

MIKE GOETZ
drive@metronews.ca

The Ford Fiesta ST is a great "hot hatch" in the European tradition.

But while Europe has had a Fiesta ST since 2005, this 2014 model is the first for North America.

Unlike Europe, our Fiesta only comes in four-door sedans and five-door hatches, so our new five-door ST doesn't look quite as cool as Europe's new three-door ST coupe, or for that matter, the three-door factory Fiesta rally car, which is piloted by racer and YouTube stunt driver sensation Ken Bock.

But four doors or not, this thing rocks.

The exterior bits that make ST more visually sporting — one-of-a-kind grille and chin spoiler, rear diffuser and spoiler, dual exhaust tips, and unique 17-inch wheels — are agreeably understated.

It feels more racy on the inside, primarily because our tester was flaunting the optional leather-trimmed RECARO seats — in "hurt your eyes" red. These seats are super firm and have huge side bolsters.

The ST features a 6.5-inch LCD screen and an 80-watt stereo.

The ST is the most expensive Fiesta you can buy, so the rest of the inside is packed with stuff, like SYNC with MyFord Touch, a 6.5-inch LCD screen and the 80-watt stereo.

But ST is all about the driving experience. First thing you notice is how much torque this thing has, and how easily it launches. Ford says 177 lb-ft is available from just 1,600 rpm and that maximum torque (214 lb-ft) can be had by 3,500 rpm — and you can believe it.

The engine is exclusively mated to a slick-shifting six-speed manual transmission. No automatic. Rowing through the gears is a motivational and audible treat. Powertrain sounds are actually fed directly into the cabin to enhance the sporty experience. ST features upgraded braking and suspension and steering, compared to regular Fiesta models. It also features electronic Torque Vectoring Control, to reduce understeer during hard cornering, and a three-mode stability system (off, standard, sport).

This translates to a very entertaining experience through traffic and in twisty bits along your journey. It has virtually no body lean and can change lanes with a flick of the steering wheel. The stiff "summer" performance tires can't help smooth out the bumps very much, but that would be one of the few caveats of this very engaging little beast.

Compare PHOTOS: CONTRIBUTED

1 Fiat 500 Abarth
Base price: $26,190
Fiat 500's performance model looks good, sounds better. Its 1.4-litre turbo makes 160 hp. Manual is a five-speed.

2 Mini Cooper S
Base price:$27,490
The all-new 2015 Mini S features a 2.0-litre turbo capable of 189 horses. Lots of fun in a practical package.

3 Chevrolet Sonic RS
Base price: $25,645
Not in the same performance league as the others, but lots of bang for the buck.

Horoscopes

♈ Aries
March 21 - April 20
You have every reason to be confident but don't start believing that nothing can go wrong. Your social life may be fun but is there something of a more serious nature you should be taking care of.

♉ Taurus
April 21 - May 21
Something good will come your way today. Others may say you don't deserve to be so fortunate but only because they wish they had been as creative and as hard-working as you.

♊ Gemini
May 22 - June 21
You seem to be in a positive mood now that Mercury, your ruler, is moving in your favour again. However, other aspects warn this is no time to rest on your laurels. There is still more good you can do in the world.

♋ Cancer
June 22 - July 23
For best results today don't limit yourself to tried and trusted ways of doing things. Use your imagination to dream up new ideas and new ways of living, laughing and loving.

♌ Leo
July 24 - Aug. 23
Find a quiet place where you can be alone with your thoughts and start asking some serious questions of the "who am I?" and "what should I be doing with my life?" variety. The answers may surprise you.

♍ Virgo
Aug. 24 - Sept. 23
What seemed difficult a while ago now seems so simple, which just goes to show how a change of attitude can lead to a change of fortune. Prove you're a force to be reckoned with.

♎ Libra
Sept. 24 - Oct. 23
Listen to your inner voice today because it offers good advice you won't get from others. The answers you seek are not "out there" in the world but hidden in the depths of your heart.

♏ Scorpio
Oct. 24 - Nov. 22
You may not want to hurt someone's feelings but you know you have to be honest. There comes a time when it is necessary to tell it like it is, even if it means putting a relationship or friendship at risk.

♐ Sagittarius
Nov. 23 - Dec. 21
Stop looking at your problems so emotionally. Your feelings must not be allowed to come into it, especially where money and business issues are concerned. Practical problems require practical solutions.

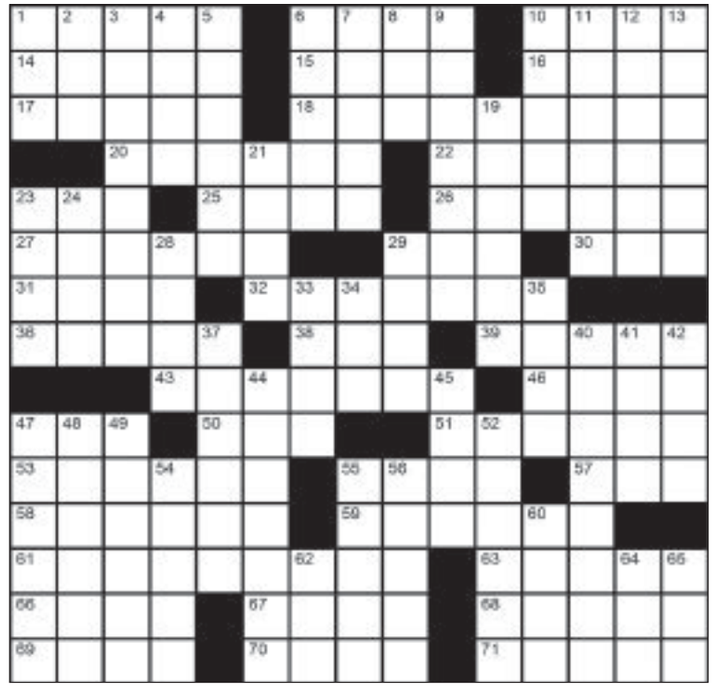
♑ Capricorn
Dec. 22 - Jan. 20
What a friend has to tell you today may not be what you were hoping to hear but the important thing is it's what you need to hear. Are you smart enough to realize you don't know all the answers?

♒ Aquarius
Jan. 21 - Feb. 19
Your ability to tune in to how others think and feel will bring benefits, especially on the work front where sudden changes won't take you as much by surprise as they do some.

♓ Pisces
Feb. 20 - March 20
Your confidence is making a return now that mind planet Mercury is no longer such a negative influence, and by the end of the week you will be the life of the party. SALLY BROMPTON

Crossword: Canada Across and Down

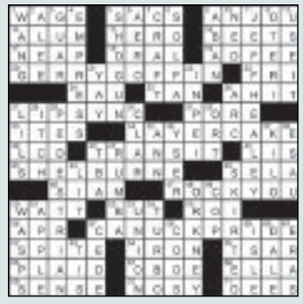
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Fast food gig, colloquially
6. "__ __ surprised as you!"
10. Group
14. Tacky
15. "America's Got Talent" host Mr. Cannon
16. 'Chick' suffix
17. Divvy up
18. __ Bridal (Retailer on TLC's "Say Yes to the Dress" that now has a boutique at Hudson's Bay in downtown Toronto)
20. Warders at the Tower of London
22. Looked
23. Play part
25. Broad
26. One of Canada's 'Famous Five', Irene __ (b.1868 - d.1965)
27. Brings forth
29. Ms. Streep, to pals
30. 'Lion' suffix
31. Magazine like Glamour
32. Distinctly
36. Curious sort
38. Dinghy director
39. Like a lotus position
43. Aquatic bird
46. Baie-D'__ (Montreal suburb)
47. __ Lanka
50. Sixers
51. From longest ago
53. Soldier-to-Sergeant reply!: 2 wds.
55. Concept
57. __-hoo!
58. Squashes
59. P.K. __ (Montreal Canadiens player)
61. Largest mammal: 2 wds.
63. Honda car
66. Certain cheers
67. Mr. Hershiser
68. Guitar __
69. Vega constellation
70. Drenches
71. Cranky

Down
1. Booker T.'s backup
2. Pen part
3. "Guns + Ammunition" is by what Toronto band?: 2 wds.
4. Garfield's pal
5. Ottawa, formerly
6. __ a deal
7. Global TV's "Rookie Blue" actor, Travis __
8. Expert
9. "Gilligan's Island" character
10. Canadian journalist Morley
11. Gertrude __ (1926 English Channel swimmer)
12. Hollywood's humans
13. 26th Pres. Mr. Roosevelt's
19. Almost
21. Catchall category, curtly
23. On the ocean
24. Mil. ranks
28. "Pee-__ Big Adventure" (1985)
29. Crumbly soil
33. Bonfire needs
34. Perrier, par exemple
35. "__ better believe it!"
37. Critique
40. __ __ Convent (Winnipeg's oldest building, home of Le Musee de Saint-Boniface Museum)
41. "Assuming that's true...": 2 wds.
42. Tip to 'logy' (Study of whales and dolphins)
44. Snowbirds display: 2 wds.
45. Songstress Lisa
47. Icon
48. Truly
49. Royal Canadian Mint, coins-___
52. Canadian brewer
54. "__ _ Lady" by Tom Jones
55. Little land-on-water
56. Sword fights
60. Missed _ __ (Thespian's mistake)
62 "Right you __!"
64. Soak flax
65. 'Diction' suffix-ar-ean contraction

Monday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8				4		1	3	
	9		8	5		7		
					2			
	7	3				9		1
6								3
9		2				4	8	
			9					
		5		3	7		6	
	1	9		8				4

Monday's Sudoku

1	5	7	2	6	4	3	9	8
2	8	6	3	9	5	1	7	4
3	9	4	1	8	7	6	2	5
6	7	8	4	5	2	9	1	3
9	4	3	6	1	8	2	5	7
5	2	1	9	7	3	4	8	6
4	3	5	8	2	1	7	6	9
8	6	2	7	3	9	5	4	1
7	1	9	5	4	6	8	3	2

Today
26°/12°
Thundershowers
40%
Thursday
20°/11°
Variable
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